



The Red Shamrock Foundation is a 501(c)(3) non-profit charity that was organized in 2011 to raise awareness for the unique health care needs of pediatric cancer survivors, and works to support survivorship programs and post cancer research in Iowa. Helping childhood cancer survivors thrive through direct assistance, education and inspiration.

Please visit us at: www.redshamrock.org

THE SURVIVORSHIP TRAIL RACE

SATURDAY, APRIL 05, 2014
RACE DAY REGISTRATION/ PACKET
PICK-UP:

7:30AM - 8:45AM
RACE STARTS AT
9:00AM

The race is approximately 3.6 miles through Hickory Hill Park, to honor the 36 children in the U.S. that are diagnosed with cancer each day. Start and finish will be on the Regina track. This is a very challenging and scenic cross country course. Expect steep hills, rocks, overhanging trees, creeks, mud, stumps, and tall grass!

Registration

Before 03/23/14 (guaranteed t-shirt) = **\$25.00**

After 03/23/14 AND INCLUDING RACE DAY =
\$30.00

TWO WAYS TO ENTER:

ONLINE ENTRY:

<https://secure.getmeregistered.com/survivorshipt/railrun>

OR MAIL FORMS NO LATER THAN
03/30/14 TO: Red Shamrock Foundation
3016 Raven Street
IOWA CITY, IA 52245

CASH OR CHECKS ONLY TO:
RED SHAMROCK FOUNDATION

AWARDS
APPROXIMATELY 10:00AM
REGINA TRACK
(SAME LOCATION AS PACKET PICK
UP)

OVERALL MALE AND FEMALE WINNERS
AND AGE GROUP WINNERS RECEIVE A
HANDMADE SHAMROCK TROPHY from
The Grounding Stone



AGE GROUPS: 14 & UNDER, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & OVER

RESULTS & POST RACE

Results will only be posted at the track once all competitors have finished.

QUESTIONS CONTACT John Hall
at 319-530-1981 OR
john@redshamrock.org

THE SURVIVORSHIP TRAIL RUN

NAME _____

CITY _____

PHONE _____

GENDER: M ___ F ___

AGE _____

ENTRY FEE

Before 03/23/14 (guaranteed t-shirt) = \$25.00

After 03/23/14 AND on RACE DAY = \$30.00

Adult Technical Running Shirt (circle one):

S M L XL 2XL

Youth cotton T-shirt (circle one):

M L XL

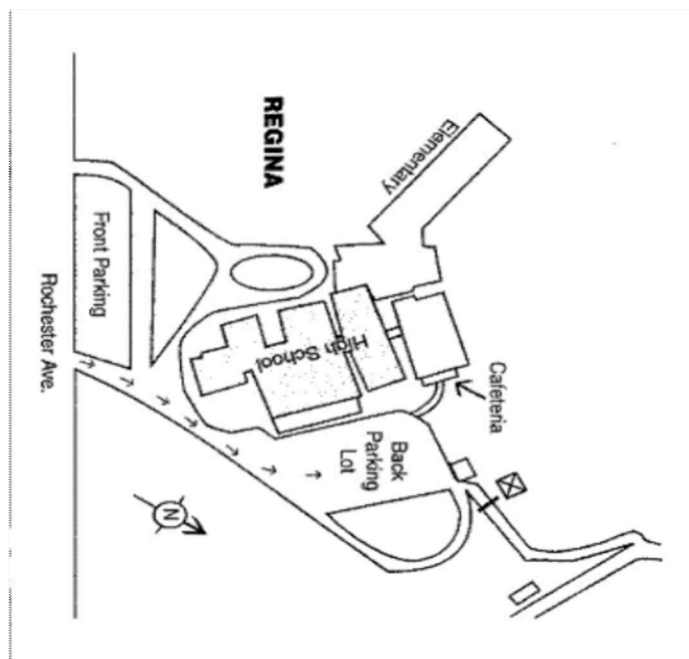
WAIVER: IN CONSIDERATION OF MY ACCEPTANCE OF ENTRY, I FOR MYSELF, MY EXECUTORS, ADMINISTRATORS, AND ASSIGNEES DO HEREBY RELEASE AND DISCHARGE THE DIRECTORS, RACE COMMITTEE, AND ALL SPONSORS, FOR ALL CLAIMS OF DAMAGES, DEMANDS AND ACTIONS WHATSOEVER IN ANY MANNER ARISING OR GROWING FROM MY PARTICIPATION IN THE "RED SHAMROCK FOUNDATION SURVIVORSHIP TRAIL RUN" CROSS COUNTRY TRAIL RUN.

SIGNATURE _____

(IF UNDER 18, PARENT MUST SIGN)

Date _____

Where You Have the Right to B - FIT
FitnessSports
7230 University Ave., Windsor Heights, IA, 50094
515/277-4785, Fax 515/277-3804 or 800/579-7884



THE 3rd ANNUAL RED SHAMROCK FOUNDATION SURVIVORSHIP TRAIL RUN/ WALK



SATURDAY, APRIL 5, 2014
**RACE STARTS AT
9:00AM**

ON THE REGINA HIGH SCHOOL TRACK
AND GOES THROUGH HICKORY HILL
PARK

**RACE DAY REGISTRATION/PACKET
PICK-UP 7:30AM – 8:45AM AT REGINA TRACK**

**REGINA HIGH SCHOOL
2150 ROCHESTER AVE.
IOWA CITY, IOWA 52245**

THE SURVIVORSHIP TRAIL RUN

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FitnessSports
7280 University Ave, Windsor Heights, IA, 50824
515/277-4785, Fax 515/277-3854 or 800/526-7084

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